



Roasted Za'atar & Lemon Chicken

INGREDIENTS

4 chicken thighs; bone in, skin on
3-4 cloves garlic; smashed
4 TBS olive oil
3 TBS Za'atar seasoning; divided
2 TBS Sumac seasoning
1 lemon; juice and zest
Salt and pepper to taste

DIRECTIONS

Preheat the oven to 400 F (200 C). In a bowl, mix the chicken with the garlic, olive oil, 2 tablespoons za'atar, sumac, lemon juice, lemon zest, salt and pepper. Let marinate for 20-30 minutes. Transfer the chicken and its marinade to a baking sheet large enough to accommodate all the chicken pieces spaced well apart, skin side up. Sprinkle the remaining 1 TBS za'atar over the chicken. Roast for 30 minutes, until the chicken is browned and just cooked through. (Juices should run clear with a temperature of 165F).

Makes 5 servings at 340 calories per serving.